

Partnership for Drug-Free Kids and the Delaware Department of Health and Social Services now offer evidence-based resources for Delaware families!

- Personalized support to families
- Help in creating an action plan to help a child work toward recovery
- Website, phone number and digital platforms with specific resources available in Delaware



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health

PARENT COACHING



- After speaking a Helpline specialist, a parent can be offered the option of peer support with another Delaware parent who has also struggled with a loved one's substance use
- By speaking with someone who has “been there”, parents can learn how to stay connected to their loved one, and get the support and encouragement they need and deserve
- Parent coaching takes place over the phone for about 5 phone calls, where parents can feel supported by someone who truly understands what they're going through, because they have been on this journey as well
- The parent coaches from the Partnership for Drug-Free Kids are specially trained to be able to help and listen to another parent affected by a loved one's substance use



HELPLINE



- This dedicated Helpline for Delaware families gives a place for parents and caregivers to connect with Parent Support Specialists by phone, text or e-mail.
- The Partnership for Drug-Free Kids masters-level specialists will listen to families over the phone or chat with them digitally to help them develop an action plan, and make them feel supported through their difficult journey with a loved one's substance use.
- The specialists are trained in Delaware-specific resources so that they can direct families towards help in their region.



ONE-ON-ONE SUPPORT FOR YOUR FAMILY



CALL
1-855-DRUGFREE

Speak with a Family Specialist

M-F: 9am-12am ET
Weekends: 12pm-5pm ET



TEXT
HopeDE to 55753

Text a Family Specialist

Receive a response
within 24-48 hours



VISIT
drugfree.org/delaware

**Connect via email
with our Family Specialists**

Get Delaware-specific resources



"You were a safety net when I felt like I was drowning. You had resources to suggest and knew just what to say. Thank you for being there."

~Helpline Caller





CONNECT WITH US TODAY

to get support for your family.

